

Appendix: Screenshots Survey Measures

1. This is a Multimedia Appendix to a full manuscript published in JMIR Ment Health. For full copyright and citation information see <http://dx.doi.org/10.2196/26197>.

General Core Curriculum Knowledge Questions

Please select one answer choice for each of the following questions.

Which of the following should you NOT share online?

- | | |
|---|--|
| <input type="checkbox"/> Video of an activity you do. | <input checked="" type="checkbox"/> Your phone number. |
| <input type="checkbox"/> Your first name. | <input type="checkbox"/> Sports/activities you play. |

Which of the following is something that could make you less safe online?

- | | |
|--|---|
| <input type="checkbox"/> Communicating with a classmate online. | <input type="checkbox"/> Sharing a password with your parent. |
| <input type="checkbox"/> Visiting YouTube or other similar video site. | <input checked="" type="checkbox"/> Letting a friend use your social media account. |

Which of the following is true about your digital footprint?

- | | |
|--|---|
| <input type="checkbox"/> You have total control over it. | <input checked="" type="checkbox"/> It includes everything you have done on the Internet. |
| <input type="checkbox"/> It doesn't last long. | <input type="checkbox"/> It can only have negative effects on you. |

Which of the following is LEAST important to consider before posting, sharing, or sending something online?

- | | |
|---|---|
| <input checked="" type="checkbox"/> Is it something others will agree with? | <input type="checkbox"/> Is it true/ factual? |
| <input type="checkbox"/> Is it helpful? | <input type="checkbox"/> Is it a nice thing to say? |

Which of the following statements about online interactions is TRUE?

- | | |
|--|---|
| <input type="checkbox"/> People always act the same way online as they would offline. | <input type="checkbox"/> You should only take action in an online argument if you are involved. |
| <input checked="" type="checkbox"/> When you post something online, it can become permanent even if you delete it. | <input type="checkbox"/> Online interactions make people feel more confident and protected, which is always a good thing. |

Choose the answer that BEST finishes the following sentence. Empathy is...

- | | |
|---|--|
| <input checked="" type="checkbox"/> thinking about and understanding how others might feel. | <input type="checkbox"/> only possible in face-to-face interactions. |
| <input type="checkbox"/> including peers in social activities. | <input type="checkbox"/> being welcoming to all kinds of people. |

Choose the statement about digital peer pressure that is TRUE:

- | | |
|---|---|
| <input type="checkbox"/> Digital peer pressure is more common among younger students. | <input type="checkbox"/> Digital peer pressure usually encourages healthy behaviors. |
| <input type="checkbox"/> Digital peer pressure is when other people say mean things about your posts. | <input checked="" type="checkbox"/> Digital peer pressure can make you feel like you should try drugs or alcohol. |

Which of the following is the MOST IMPORTANT question you should ask to help find the Hidden Story behind an online image or media message online?

- ☒ What types of consequences were left out?
- ☐ How might this image alter your digital footprint?

- ☐ Who are the people being shown?
- ☐ How is the image or message using digital peer pressure?

Which of the statements below is FALSE?

- ☒ Media messages are most effective when they are based on facts instead of emotions.
- ☐ Media messages are designed to persuade, inform, or entertain.

- ☐ Media messages are influenced by the thoughts of the person creating the media.
- ☐ Media messages can make people believe situations are more common than they really are.

Strategies to Stop Online Bullying

Imagine that you are being bullied in an online group. How well do you think each of these strategies would work to stop the bullying?

	Definitely would NOT work	Probably would NOT work	Might work/might not work	Probably WOULD work	Definitely WOULD work
Talking to a trusted adult or family member about the bullying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing up to the bully by fighting back online.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Telling the bully to stop bothering you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting your friends to tell everyone in the group that bullying is not OK.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Online Citizenship Belief Questions

Select the answer that best describes how you agree with the following statements:

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
If there's a video or picture that I don't want lots of people to see, setting my profile to "private" will keep it secret.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My online posts are my own thoughts and do not impact other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People behave pretty much the same online as they do offline.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having empathy for other people can improve communication in online communities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seeing images of smoking and drinking online makes people more likely to smoke or drink.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's ok to share my online passwords with a friend that I trust.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If my friends and I need a laugh, it's ok for us to post a funny and embarrassing picture of someone else online.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Online Citizenship Behavior Questions

Please select the response that is most like you for the following statements:

	Not at all like me	Not much like me	Some- what like me	Mostly like me	Very much like me
When I am online, I try to end arguments or dramas when they develop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think about making sure that things I say and post online will not be something I regret later.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am careful about how I say things online, so they don't come across the wrong way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I saw a fight happening at school, I would post about it as soon as possible to help my friends stay updated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Conflict Resolution Questions (scenario 1)

Please read the following scenario:

Someone at school is spreading rumors and making mean comments about someone you know by posting comments on Instagram. Other kids have started to join in.

How likely is it that you would do each of the following?

	Would definitely DO this	Would probably DO this	Might or might not do this	Would probably NOT do this	Would definitely NOT do this
Tell the person who was causing the problem to stop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ignore or avoid the person who was causing the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk with an adult in your family or a teacher at school about the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post some questions to try to figure out what happened and why people are acting this way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help your friend by posting mean comments right back at the other kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start spreading rumors about the other kid in school and online.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Conflict Resolution Questions (scenario 2)

Please read the following scenario:

A classmate takes your picture at school and you don't like the way you look. Later that night you see the photo posted on another student's Instagram story.

How likely is it that you would do each of the following?

	Would definitely DO this	Would probably DO this	Might or might not do this	Would probably NOT do this	Would definitely NOT do this
Tell that person that you want them to take the photo down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tell them they better take the photo down or you'll get back at them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask the person why they posted the photo online.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a bad photo of the person without them knowing and post it on your profile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do nothing and ignore the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tell a teacher or other adult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Responsiveness and Relevance Scale (on post-test for curriculum participants only)

Please tell us what you think about ALL the media classes you had:

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
The classes were interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I got easily distracted during the classes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed the classes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The classes were boring.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned something new from these classes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other kids my age should take these classes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned something from these classes that I will use in my own life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>